

Statistics Report 01017, Cheese, cream

Report Date: July 16, 2019 14:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	52.62	11	0.420	49.67	54.61	5.0	51.52	53.72	1	Analytical or derived from analytical	--	02/2015
Energy	kcal	350	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kJ	1466	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Protein 1	g	6.15	11	0.080	5.04	7.15	9.0	5.97	6.33	1	Analytical or derived from analytical	--	02/2015
Total lipid (fat) 1	g	34.44	11	0.260	33.05	36.49	5.0	33.77	35.11	1	Analytical or derived from analytical	--	02/2015
Ash 1	g	1.27	11	0.030	1.02	1.52	9.0	1.18	1.34	1	Analytical or derived from analytical	--	02/2015
Carbohydrate, by difference	g	5.52	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total 1	g	3.76	4	0.100	3.2	4.2	1.0	2.65	4.85	1	Analytical or derived from analytical	--	02/2015
Sucrose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009

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Glucose (dextrose) 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Fructose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Lactose 1	g	3.76	4	0.100	3.2	4.2	1.0	2.65	4.85	1	Analytical or derived from analytical	--	02/2015
Maltose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Galactose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Starch 2	g	0.35	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2008
Minerals													
Calcium, Ca 1	mg	97	11	2.000	73	136	7.0	89.0	103.0	1	Analytical or derived from analytical	--	02/2015
Iron, Fe 1	mg	0.11	11	0.007	0.1	0.17	4.0	0.08	0.12	1	Analytical or derived from analytical	--	02/2015
Magnesium, Mg 1	mg	9	12	0.000	7	12	10.0	8.0	10.0	1	Analytical or derived from analytical	--	06/2008
Phosphorus, P 1	mg	107	12	1.000	95	132	7.0	102.0	111.0	1	Analytical or derived from analytical	--	02/2015

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Potassium, K 1	mg	132	11	5.000	99	167	8.0	119.0	145.0	1	Analytical or derived from analytical	--	02/2015
Sodium, Na 1	mg	314	12	7.000	282	357	9.0	298.0	330.0	1	Analytical or derived from analytical	--	07/2017
Zinc, Zn 1	mg	0.50	12	0.010	0.36	0.66	10.0	0.46	0.53	1	Analytical or derived from analytical	--	02/2015
Copper, Cu 1	mg	0.018	12	0.000	0.02	0.02	10.0	0.018	0.018	1	Analytical or derived from analytical	--	02/2015
Manganese, Mn 1	mg	0.011	12	0.000	0.01	0.01	10.0	0.011	0.011	1	Analytical or derived from analytical	--	06/2008
Selenium, Se 1	µg	8.6	6	0.400	7.3	10.1	2.0	6.6	10.5	1	Analytical or derived from analytical	--	02/2015
Vitamins													
Vitamin C, total ascorbic acid 2	mg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2008
Thiamin 1	mg	0.023	6	0.002	0.02	0.03	2.0	0.016	0.03	1	Analytical or derived from analytical	--	02/2015
Riboflavin 1	mg	0.230	6	0.006	0.22	0.25	3.0	0.211	0.249	1	Analytical or derived from analytical	--	02/2015
Niacin 1	mg	0.091	6	0.008	0.05	0.12	3.0	0.062	0.12	1	Analytical or derived from analytical	--	02/2015

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Pantothenic acid 1	mg	0.517	4	0.012	0.45	0.58	1.0	0.439	0.595	1	Analytical or derived from analytical	--	02/2015
Vitamin B-6 1	mg	0.056	6	0.002	0.05	0.07	3.0	0.049	0.062	1	Analytical or derived from analytical	--	02/2015
Folate, total 1	µg	9	2	--	9	10	--	--	--	1	Analytical or derived from analytical	--	02/2015
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2015
Folate, DFE	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Choline, total 1	mg	26.8	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2016
Betaine 1	mg	0.5	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2016
Vitamin B-12 1	µg	0.22	6	0.020	0.1	0.34	4.0	0.14	0.29	1	Analytical or derived from analytical	--	02/2015
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	308	4	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol 1	µg	303	4	34.000	226	358	2.0	96.0	509.0	1	Analytical or derived from analytical	--	02/2015
Carotene, beta 1	µg	59	4	4.000	47	70	2.0	35.0	82.0	1	Analytical or derived from analytical	--	02/2015
Carotene, alpha 1	µg	1	4	0.000	0	1	1.0	-1.0	2.0	1	Analytical or derived from analytical	--	02/2015
Cryptoxanthin, beta 1	µg	2	4	0.000	2	2	2.0	1.0	2.0	1	Analytical or derived from analytical	--	02/2015
Vitamin A, IU	IU	1111	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lycopene 1	µg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Lutein + zeaxanthin 1	µg	7	4	0.000	6	9	2.0	7.0	7.0	1	Analytical or derived from analytical	--	02/2015
Vitamin E (alpha-tocopherol) 1	mg	0.86	6	0.070	0.66	1.16	3.0	0.61	1.09	1	Analytical or derived from analytical	--	02/2015
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 1	mg	0.41	6	0.040	0.34	0.54	4.0	0.28	0.53	1	Analytical or derived from analytical	--	02/2015
Tocopherol, delta 1	mg	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Tocotrienol, alpha 1	mg	0.04	6	0.008	0	0.07	2.0	0.01	0.06	1	Analytical or derived from analytical	--	02/2015
Tocotrienol, beta 1	mg	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Tocotrienol, gamma 1	mg	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Tocotrienol, delta 1	mg	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.0	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2015
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D3 (cholecalciferol) 1	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	2.1	2	--	2.1	2.2	--	--	--	1	Analytical or derived from analytical	--	02/2015
Lipids													
Fatty acids, total saturated	g	20.213	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
4:0 1	g	0.718	11	0.006	0.68	0.76	9.0	0.704	0.731	1	Analytical or derived from analytical	--	02/2015
6:0 1	g	0.592	11	0.004	0.56	0.62	6.0	0.581	0.603	1	Analytical or derived from analytical	--	02/2015
8:0 1	g	0.366	11	0.003	0.34	0.39	6.0	0.359	0.373	1	Analytical or derived from analytical	--	02/2015
10:0 1	g	0.868	11	0.008	0.81	0.92	8.0	0.85	0.886	1	Analytical or derived from analytical	--	02/2015
12:0 1	g	1.004	11	0.009	0.93	1.07	8.0	0.983	1.026	1	Analytical or derived from analytical	--	02/2015
14:0 1	g	3.275	11	0.029	3.07	3.42	9.0	3.209	3.34	1	Analytical or derived from analytical	--	02/2015
15:0 1	g	0.344	11	0.004	0.31	0.37	9.0	0.335	0.354	1	Analytical or derived from analytical	--	02/2015
16:0 1	g	9.405	11	0.132	8.67	10.27	8.0	9.103	9.708	1	Analytical or derived from analytical	--	02/2015

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17:0 1	g	0.207	11	0.002	0.2	0.22	5.0	0.201	0.213	1	Analytical or derived from analytical	--	02/2015
18:0 1	g	3.365	11	0.055	3.13	3.71	7.0	3.235	3.495	1	Analytical or derived from analytical	--	02/2015
20:0 1	g	0.045	11	0.001	0.04	0.05	6.0	0.043	0.047	1	Analytical or derived from analytical	--	02/2015
22:0 1	g	0.014	11	0.000	0.01	0.02	6.0	0.013	0.015	1	Analytical or derived from analytical	--	02/2015
24:0 1	g	0.008	11	0.000	0.01	0.01	8.0	0.008	0.009	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total monounsaturated	g	8.907	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
14:1 1	g	0.346	11	0.005	0.31	0.37	9.0	0.335	0.357	1	Analytical or derived from analytical	--	02/2015
15:1 1	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2009
16:1 undifferentiated 1	g	0.651	11	0.011	0.55	0.7	9.0	0.626	0.675	1	Analytical or derived from analytical	--	02/2015
16:1 c 1	g	0.542	11	0.012	0.45	0.59	9.0	0.516	0.569	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 t 1	g	0.108	11	0.002	0.1	0.12	5.0	0.103	0.114	1	Analytical or derived from analytical	--	02/2015
17:1 1	g	0.068	11	0.001	0.06	0.08	6.0	0.065	0.07	1	Analytical or derived from analytical	--	02/2015
18:1 undifferentiated 1	g	7.776	11	0.082	7.39	8.21	7.0	7.583	7.969	1	Analytical or derived from analytical	--	02/2015
18:1 c 1	g	6.940	11	0.072	6.63	7.33	7.0	6.769	7.111	1	Analytical or derived from analytical	--	02/2015
18:1 t 1	g	0.836	11	0.013	0.76	0.92	9.0	0.807	0.865	1	Analytical or derived from analytical	--	02/2015
20:1 1	g	0.064	11	0.001	0.06	0.07	7.0	0.06	0.067	1	Analytical or derived from analytical	--	02/2015
22:1 undifferentiated 1	g	0.002	11	0.000	0	0	9.0	0.002	0.002	1	Analytical or derived from analytical	--	02/2015
22:1 c 1	g	0.002	11	0.000	0	0	9.0	0.002	0.002	1	Analytical or derived from analytical	--	02/2015
22:1 t 1	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
24:1 c 1	g	0.000	11	0.000	0	0	6.0	--	0.001	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	1.483	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
18:2 undifferentiated 1	g	1.212	11	0.014	1.15	1.31	9.0	1.18	1.244	1	Analytical or derived from analytical	--	02/2015
18:2 n-6 c,c 1	g	0.807	11	0.011	0.74	0.87	8.0	0.781	0.834	1	Analytical or derived from analytical	--	02/2015
18:2 CLAs 1	g	0.180	11	0.004	0.16	0.2	9.0	0.171	0.189	1	Analytical or derived from analytical	--	02/2015
18:2 t not further defined 1	g	0.225	11	0.004	0.2	0.24	8.0	0.217	0.233	1	Analytical or derived from analytical	--	02/2015
18:3 undifferentiated 1	g	0.131	11	0.002	0.12	0.14	9.0	0.127	0.136	1	Analytical or derived from analytical	--	02/2015
18:3 n-3 c,c,c (ALA) 1	g	0.125	11	0.002	0.11	0.13	8.0	0.121	0.129	1	Analytical or derived from analytical	--	02/2015
18:3 n-6 c,c,c 1	g	0.002	11	0.000	0	0	7.0	0.001	0.003	1	Analytical or derived from analytical	--	02/2015
18:3i 1	g	0.004	11	0.000	0	0.01	8.0	0.004	0.004	1	Analytical or derived from analytical	--	02/2015
18:4 1	g	0.001	11	0.001	0	0	9.0	--	0.002	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c 1	g	0.007	11	0.000	0.01	0.01	6.0	0.006	0.007	1	Analytical or derived from analytical	--	02/2015
20:3 undifferentiated 1	g	0.039	11	0.001	0.04	0.04	8.0	0.037	0.041	1	Analytical or derived from analytical	--	02/2015
20:3 n-6 1	g	0.036	11	0.001	0.03	0.04	9.0	0.035	0.038	1	Analytical or derived from analytical	--	02/2015
20:4 undifferentiated 1	g	0.053	11	0.001	0.05	0.06	8.0	0.05	0.055	1	Analytical or derived from analytical	--	02/2015
20:5 n-3 (EPA) 1	g	0.010	11	0.000	0.01	0.01	9.0	0.009	0.011	1	Analytical or derived from analytical	--	02/2015
22:4 1	g	0.008	11	0.000	0.01	0.01	7.0	0.007	0.009	1	Analytical or derived from analytical	--	02/2015
22:5 n-3 (DPA) 1	g	0.020	11	0.000	0.02	0.02	9.0	0.019	0.021	1	Analytical or derived from analytical	--	02/2015
22:6 n-3 (DHA) 1	g	0.000	11	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	1.173	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2016
Fatty acids, total trans-monoenoic	g	0.944	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2016
Cholesterol 1	mg	101	5	1.000	96	103	3.0	97.0	104.0	1	Analytical or derived from analytical	--	02/2015

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.069	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Threonine	g	0.233	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Isoleucine	g	0.324	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Leucine	g	0.657	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Lysine	g	0.567	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Methionine	g	0.191	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Cystine	g	0.042	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Phenylalanine	g	0.291	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Tyrosine	g	0.303	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Valine	g	0.395	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.235	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Histidine	g	0.175	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Alanine	g	0.184	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Aspartic acid	g	0.514	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Glutamic acid	g	1.304	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Glycine	g	0.142	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Proline	g	0.665	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Serine	g	0.374	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01017	06/2008
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2002

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD

